



Healthdor

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Bleu Cheese Salad ♦

A refreshing and tangy salad featuring bleu cheese, mixed greens, and a homemade vinaigrette.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Mixed Greens
100 g	bleu cheese
100 g	Cherry Tomatoes
50 g	red onion
50 g	candied pecans
50 g	balsamic vinaigrette

Directions

Step 1

Wash and dry the mixed greens.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Slice the cherry tomatoes and red onion.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Cut

Crumble the bleu cheese and chop the candied pecans.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, combine the mixed greens, cherry tomatoes, red onion, crumbled bleu cheese, and candied pecans.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Mixing

Drizzle the balsamic vinaigrette over the salad and toss to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 8 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	4 g	10.53%	16%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	20 mg	2%	2%
Iron	6 mg	75%	33.33%
Potassium	10 mg	0.29%	0.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving

Picnic

Course

Salads

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Easter

Cost

\$10 to \$20

Demographics

Teen Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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